



Hello VISTA's!

Phoenix Library: Not Just For Checking Out Books

- **Rent movies** and ebooks online from the comfort of your own home
- **Culture Pass:** Free admission for two people at participating arts and cultural institutions like the science center or the Botanical Garden
- **eLearning:** Universal class, online academic and professional practice test, typing practice, language learning
- **PHX Works:** resources on resumes, interviewing, language learning, career exploration and more
- **Hive @ Central:** Entrepreneurial programming including seminars on starting a nonprofit, developing a fundraising plan, and marketing/social media
- **Networking Phoenix:** calendar of networking events
- **Global Road Warrior:** learn about cultures, customs, histories, and languages worldwide
- **Seed library:** "Check-out" seed packets and attend free gardening workshops



Put on Your Oxygen Mask First

Just as you're about to take off and put in your headphones or take a nap, the flight attendant gives you this long speech about all the safety rules and regulations aboard the plane. One thing they always say: "In the event of an emergency, put on your oxygen mask before assisting others." As helping professionals we forget that we must take care of ourselves before we can help others. Burn-out is often inevitable in this field but self-care can prevent this and help us lead less stressful lives in general. Some strategies we should all actively practice are:

- Get plenty of sleep
- Eat well
- Exercise
- Use on your support system
- Give yourself permission: sometimes we feel guilty when we take breaks for ourselves
- Have fun! Do something you love!
- Respect your time: it's okay to say No

These are all easier said than done especially with a busy schedule and limited funds but taking care of yourself is your first priority. Not only will self-care make you happier, you'll also be more productive in the long-run.

Budgeting Apps/Sites



Mint:

Budgeting and investment tracker



Capital:

set rules to automate saving



Good Budget:

Virtual envelope system

Important Dates

December Monthly Meeting

When: Dec 13 1:30p-4:30p

Where: MIHS Canyon de Chelly Room
@ Education Pavilion

Holiday Angel Day of Service

When: December 16th

Where: MIHS 2601 E Roosevelt St
Time: 9am-5pm

VISTA Webinars

Improve Your Giving and Receiving Feedback Skills

Dec 12 @12pm

Generating In-Kind Contributions

Dec 18 @12pm

Supervisor and Member Q&A: Mental Health, Stress, and Resilience

Dec 19 @12pm

Building Your Professional Network for Your Service

Career
Jan 25 @12pm

The Power of Telling Your Story

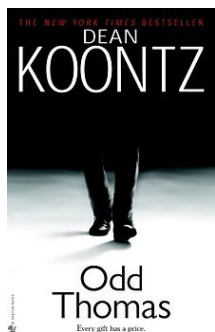
Feb 27 @12pm



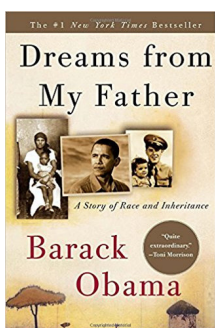
Hello VISTA's!

Taylor's Traffic Audio Books

I live in Chandler, so I spend a lot of time in traffic. Because of this I started checking out audio books from the library to make my commute more enjoyable. Here are a couple I have been listening to:



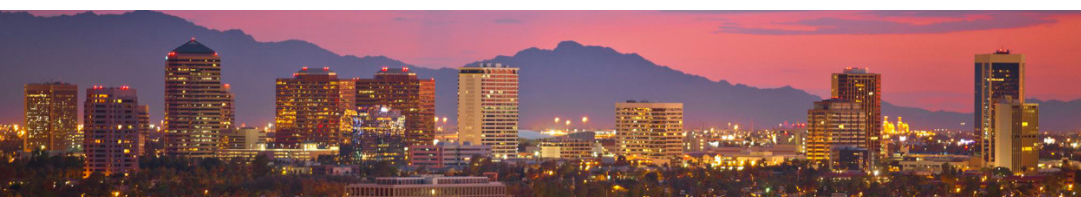
Thriller/ Horror. Odd Thomas is a short-order fry cook in the small town of Pico Mundo who has the ability to see ghosts. One day, he meets a suspicious-looking man in the diner followed by shadowy spirit creatures who appear only during times of death and disaster. With the help of his friends and his soulmate, Stormy, Odd uses his supernatural gifts to solve the mystery of this man and tries to prevent the disaster that is coming.



Nonfiction/ memoir. Published as Barack Obama was beginning his campaign for Illinois Senate. It explores the events of his early life growing up as the son of a black African father and a white American mother. The sudden death of his father inspires an emotional odyssey—first to a small town in Kansas, from which he retraces the migration of his mother's family to Hawaii, and then to Kenya, where he meets the African side of his family, confronts the bitter truth of his father's life, and at last reconciles his divided inheritance.

Fun Facts About Phoenix

- 5th-largest city in the United States
- Maricopa county is about the size of New Hampshire
- Sky Harbor was dubbed "America's Friendliest Airport"
- Is one of the few U.S. cities with franchises in all 4 major professional sports leagues: NHL- Coyotes, NFL- Cardinals, MLB- Diamondbacks, NBA- Suns
- There are 6 lakes within a 75-minute drive
- Sits within the Sonoran desert, the only desert where you can find the saguaro cactus
- South Mountain Park and Preserve is the largest municipal park in north america (and a great place to hike for all skill levels)
- Has 334 days of sunshine on average
- Has over 200 golf courses



Around Town

First Fridays-Music, Art, and Food

When: 1st Friday of every month
Where: Roosevelt Row-Dtwn Phx
Price: Free

Phoenix Festival of the Arts

When: Dec 8-10
Where: Margaret T Hance Park
Price: Free

Phoenix Art Museum-Free Family Weekends

When: Dec 9 10a-5p, Dec 10 12p-5p
Where: Phx Art Museum
Price: Free

Scottsdazzle Cowboy Christmas Festival

When: Dec 9 3p-7p
Where: Old Town Scottsdale
Price: Free

Lights of the World

When: through Jan 2
Where: State fair grounds
Price: Mon \$10, T-Su \$15-\$18
(Groupon available)

Illumination Drive-Thru Light Show

When: through Jan 14
Where: 27701 N. Black Canyon Hwy
Price: \$30 per car (Groupon available)

Flannel Ball- NYE Party

When: Dec 31 9p-1a
Where: Roosevelt Row @Dtwn Phx
Price: \$15 if bought before Dec 24